

Updated 4/2/19 from 11/7/14

**PERSONAL VAPING STORY of *Cathy Kaiser of Salem, OR.***

I smoked cigarettes for 45 years and at the age of 62 I was able to quit by switching to vaping E-Cigarettes. I have tried all the other quit smoking products available on the market for several years and none worked even though my heart was really into quitting. These have included the nicotine patches, the nicotine gum, and Chantix and the stick type E-Cigarettes sold at drug stores and gas stations. If these items help people to quit smoking I am all for that. All these products were tried several times during my life but yet I always went back to smoking. I have even resorted to trying to quit cold turkey and cutting down on the number of cigarettes I smoked to no avail. Over two years ago I decided to try vaping with E-liquids in the newer devices (variable wattage batteries and open system tanks) they sell now. The very first day I tried this method I have not had a desire to smoke since and have not smoked since. In less than 2 years of the 4 years I have been cigarette free and started vaping, I have lowered the amount of nicotine I use in the e-liquid from 24mg to ZERO mg. You do not have that choice of lowering nicotine to ZERO smoking combustible cigarettes.

I watched my Dad die a horrible death a few years ago of lung cancer directly related to smoking and even that did not help me quit smoking in fact I smoked even more because I was so stressed out about his death. I watched my 65yr old brother, who was only 2 years older than me; die a horrible death from lung cancer directly related to smoking 3 years ago. I was already vaping when my brother died and was extremely happy that I had found a 95% safer way to kick my cigarette habit with no withdrawals. I hope I can live a longer life and be there for my daughter, two wonderful Grandsons, and also my friends.

I don't want to see others lose their friends, parents, siblings and others so important to them due to smoking deadly cigarettes. Vaping is proven to be at least 95% safer than cigarettes. I wish more people would read the proven peer reviewed studies which some of which included actual vapors.

I feel so much better health wise and self image wise about not having to smoke anymore. My doctor is even on board with vaping and told me she has several other patients that have quit using the same method.

If parents keep smoking by not having another tool to possibly help them quit deadly cigarettes like I am so grateful to have found, their kids will be around second hand smoke and will no doubt have their parents, siblings or both taken from them way to early due to cancer as I did. I believe if parents smoke there is a huge chance one or more of their kids will smoke also. That is true with 2 out of 3 of my siblings. My only child also smokes just like myself and her dad did.

**Thank you for reading my story of switching from cigarettes to vaping. You will never know how important this was for me.**